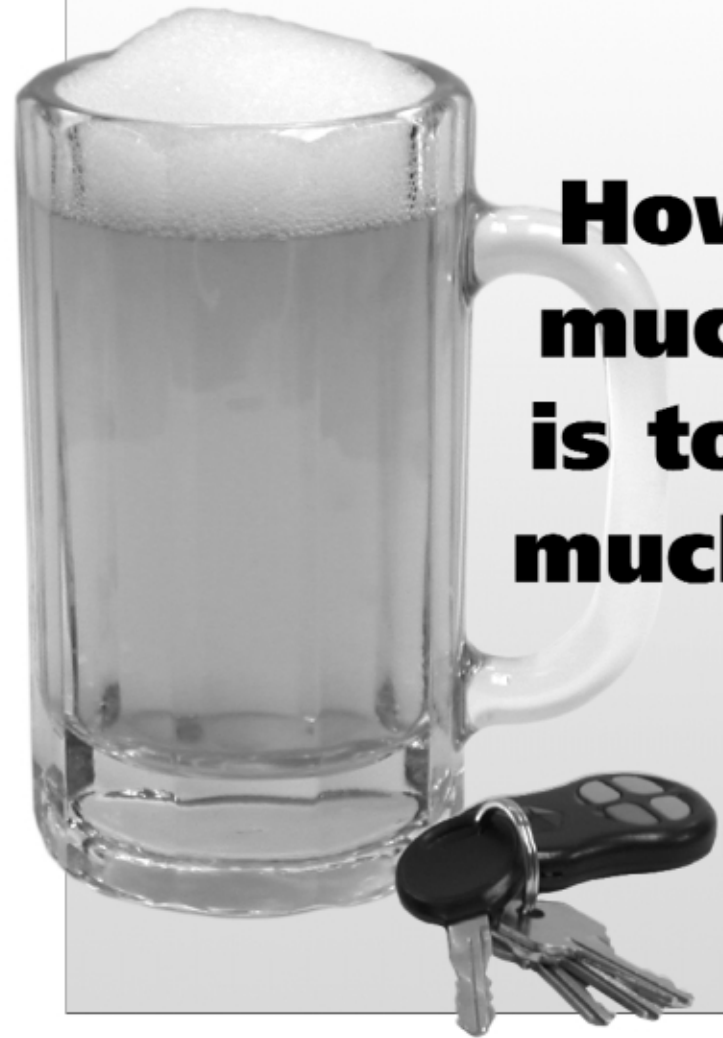


Alcohol

**How
much
is too
much?**



Sometimes Even One Drink is Too Much.

If you are:

- Driving or Planning to Drive
- At Work or Returning to Work
- Pregnant or Breast Feeding
- On Medication
- Have Certain Medical Conditions

Alcohol and Injury

In addition to a strong relationship between alcohol and motor vehicle crashes, alcohol can be involved in many other injuries such as:

- Falls
- Drownings
- Assaults
- Domestic Violence
- Burns
- Pedestrian Injuries
- Work Injuries
- Sports Injuries

Health Effects of Alcohol

Heavy drinkers may experience long-term health effects including:

- Damage to the liver, pancreas, brain and heart, and increased risk for many cancers.
- Birth defects have also been associated with drinking during pregnancy.

How Much Do People Drink?

40% Do not drink

35% Drink a moderate amount and are at low risk for alcohol problems

20% At risk drinkers or problem drinkers

5% Dependent drinkers

Source: National Longitudinal Alcohol Epidemiologic Survey, 1992

What is a standard drink?

A standard drink is...



Each of these drinks contains about 1/2 oz. of pure alcohol.

How much is too much?

	Drinks per <u>Week</u>	Drinks per <u>Occasion</u>
Men	14	4
Women	7	3
Age 65+	7	3

**If you drink more than this,
you can put yourself at risk for illness and/or injury.**